

## APPENDIX

## VERSION WITH MARKINGS TO SHOW CHANGES MADE

Amendments to claims 2-12:

2. (Amended) An exerciser comprising an elongate body (2) containing a resistive mechanism (14), a removable first handling member (5,7) arranged generally along the major axis of the elongate body (2) and slidably received within the body (2), the resistive mechanism (14) providing a force against the insertion of the first handling member (5,7) into the elongate body (2), and a second handling member (6,8) attached to the elongate body (2), characterized in that the first (5,7) and second (6,8) handling members are freely rotatable with respect to each other, [An exerciser according to Claim 1 wherein] further including an elongate element (6) [is provided] to be removably connected between the elongate body (2) and the second handling member (8) to extend the distance between the elongate body (2) and the second handling member (6,8).
3. (Amended) An exerciser according to Claim 1 [or Claim 2], wherein the resistive mechanism (14) provides an additional force against the extraction of the first handling member (5,7) from the elongate body.
4. (Amended) An exerciser according to Claim 1 [any one of the preceding Claims wherein] further including a flange (20) [is provided] to be fitted between the elongate body (2) and the second handling member (6,8).
5. (Amended) An exerciser according to Claim 1 [any of the preceding Claims] wherein the resistive mechanism (14) comprises a spring. [, elastomeric foam, pneumatic cylinder or hydraulic cylinder.]

6. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] further including [wherein] a low friction surface [is provided] on the internal wall of the elongate body (2).

7. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] wherein the end of the first handling member (5,7) for insertion into the body (2) further includes a plunger (15) that is coated with a low friction material.

8. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] further including [wherein] means [are provided] for adjusting the pre-load of the resistive mechanism (14).

9. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] further including [wherein] means [are provided] for monitoring the length of usage of the exerciser.

10. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] further including [wherein] means [are provided] for monitoring essential biometric parameters while exercising.

11. (Amended) An exerciser according to Claim 1 [any one of the preceding claims], in which the first handling member is removably connected to the elongate body.

12. (Amended) An exerciser according to Claim 1 [any one of the preceding claims] wherein the elongate body, the first and second elements and the first and second handling members are sized to be carried in a pocketable pouch.

[illegible]